

## 2015 Spring Newsletter

### The President's Message

By Alissa Scanlin, Psy.D.



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Happy Spring CCPA!

Time flies and the year is speeding by quickly! Much has been going on at the state level with CPA, and our quarterly dinner will be held on May 6.

Each year CPA hosts the annual Leadership and Advocacy Conference (LAC) in Sacramento. This was my first opportunity to attend, and I was happy to be attending with Dr. Ellin Sadur, a veteran of this event, whose new title is our LAN (Local Area Network representative). As mentioned in our January newsletter, there have been some changes in the structure of local chapter relationships with CPA; however, CPA is the organization that provides a united voice for psychologists at the state level. If you are not a member, and only 4000 out of 20,000 psychologists statewide are members, I strongly encourage you to join. Many other health care professions, such as psychiatrists, doctors, and dentists have much greater representation from their ranks, and those numbers matter when it comes to impacting changes in legislation. Politicians are influenced by numbers!

During this year's LAC, I learned more specifically about the work CPA does in Sacramento, under the leadership of Jo Linder-Crow, largely through the lobbying efforts of Amanda Levy. Amanda is amazing! **Did you know** - On our behalf, Amanda reviews the more than 2,000 bills proposed during a typical year, and evaluates them with regard to their potential impact on psychologists and the profession of psychology, specifically in the areas of: scope of practice, licensing and regulation of the profession, insurance coverage, patient's rights,

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patient confidentiality and reporting, and state funding and policy related to public mental health.

Ellin and I were part of a group of 12, including 8 graduate students, who visited 7 different representative offices on behalf of both Alameda and Contra Costa counties. It was a great opportunity to work more closely with members of the Alameda County Psychological Association, (ACPA) and this type of collaboration is something I plan to continue to encourage in the months ahead. Although many of you may be very aware of these behind the scenes activities, it was quite inspiring for me to be involved in the LAC and to feel that as a group, psychologists had an opportunity to be heard by our representatives. In each representative's office 6 different members of our group had an opportunity to speak about 2 CPA programs and 4 different bills currently being promoted by CPA. Be sure to check out Dr. Sadur's detailed report on the conference and the bills CPA in this newsletter. Here is a link from Amanda to the latest information about some of the activities CPA is currently working on: **Bill Updates on [www.cpapsych.org](http://www.cpapsych.org)** if you haven't visited the CPA website in a while, please take a look. The Legislative Positions page has had a "facelift" designed to make it easier to read, more user friendly, and a better springboard for discussion among members. Link: <http://www.cpapsych.org/?page=385> You can also access it on the homepage under Advocacy CPA Legislative Positions. There are also **LAC Follow-up Materials**. For all materials presented and handed out at the CPA 2015 Leadership and Advocacy Conference, <http://www.cpapsych.org/default.asp?page=LACD>

Our first Dinner Meeting of the year, still a bargain at only \$65 for a delicious meal and 2 CEs, will be May 6 at the Lafayette Park hotel. 6pm for our hosted social hour

with dinner and our presentation on **Chronic Suicidality in Outpatient Populations** beginning at about 6:50. Please look for Howard's 123signup announcement from April 11, and there will also be another announcement, including the menu options, coming soon. We are sharing this announcement with ACPA in an effort to continue collaboration between our associations.

As another opportunity to continue this collaboration, we are re-introducing a new and improved "First Friday"! This will also be shared with ACPA. ACPA has Shrink Drinks on the last Friday of the month, and they provide light appetizers for their attendees. Your board will be doing the same! Join us, May 1<sup>st</sup>, 5:30 pm to 7:30 on the patio at Scott's in Walnut Creek! Please let us know that week if you are planning to attend. Several ACPA members are hoping to come, and it would be a great opportunity to meet new colleagues.

My hope is that CCPA is, and will continue to be, a valuable asset to your professional development, as well as offering you opportunities to connect with other local psychologists. Your board is always looking for members to become more involved. Several specific opportunities will be announced soon! Please also feel free to share your thoughts and/or topic suggestions for our CE events. Feel free to contact me [drscanlin@gmail.com](mailto:drscanlin@gmail.com). ♦



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California Psychological Association  
**Annual Leadership and Advocacy Conference**  
Sacramento, CA March 2015  
By Ellin Sadur, Psy.D., CCPA LAN

This year's Leadership and Advocacy meeting in Sacramento was an inspirational and educational experience for all of those in attendance. Our chapter, Contra Costa Psychological Association, was represented by our new president, Alissa Scanlin, Psy.D., and myself, Ellin Sadur, Psy.D., Local Advocacy Network Representative (LAN). We were among 21 other presidents and LAN's representing chapters throughout the state, offering many opportunities for networking and sharing of ideas. This is a two-day conference with approximately 60 graduate students joining us on the second day to assist in lobbying our state representatives. Quite inspiring!

The first day of the conference focused on administrative topics, including the new governance structure, promotion of chapter advocacy events, and the need to increase CPA-PAC donations. The current CPA President, Dr. Stephen Pfeiffer, discussed the upcoming CPA convention in San Diego on April 23-26 with a wide range of lecture topics from Mindfulness to Psychosis. Everyone is encouraged to attend and obtain our CE's in a beautiful environment. The "Back the PAC" dinner is on Friday night at the convention with a wonderful opportunity for a fun evening while supporting our all-important political action committee. Everyone can go online to the CPA website to sign up for both the convention and the PAC dinner if you have not already registered.

The second day of the convention was focused on preparing us all to go to the capitol and advocate for the profession of psychology. Our amazing CPA Director of Government Affairs, Amanda Levy, examined over 100 Bills that could affect the profession of psychology currently under consideration at the capitol. After much thought and discussion with the CPA Executive Board, Ms. Levy pared down the field to four important bills for us to discuss with our legislators.

Currently there are only two legislators that represent Contra Costa County: Assemblywoman Catharine Baker and Assemblywoman Susan Bonilla. As you may recall, Senator De Saulnier's seat remains open until the run-off election in May between Susan Bonilla and Steve Glazer. Therefore, our team from Contra Costa County joined with the team from Alameda County to lobby legislators from both of our counties. All in all, we lobbied seven legislators in the afternoon and worked on developing relationships with all of them to mutually promote the profession of psychology.

In meeting with the legislators, we were asking for their support on all four of the bills we presented and discussed with them. The first bill we presented was the Uniform Child Abuse Reporting Standards introduced by Assemblyman Garcia (AB 832.) This bill creates a uniform standard for mandated reporters to follow when reporting instances of consensual sexual acts amongst minors. AB 832 would categorize consensual anal and oral sex the same as consensual intercourse amongst people 16 to 21, which are not required to be reported as child abuse. CPA supports this bill because professionals in the field have expressed concern that the current statute discriminates against LGBTQ youths and could put practitioners at risk of professional and legal discipline for not reporting what they did not deem to be child abuse, but that a strict interpretation of the statute deemed to be child abuse.

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The second bill we presented and asked for support on is the Same-Day Billing bill by Assemblyman Wood (AB 858). This bill allows for same-day billing of a medical, dental, and mental health visit in a Federally Qualified Health Centers and Rural Health Clinics. CPA supports this bill because the current practice of only allowing billing for one visit is problematic for individuals who come to an FQHC or RHS with both a physical health care issue and a mental health care issue, as both conditions cannot be paid for if they are treated by the same professional on the same day or different professionals at the same location on the same day. This means that the individual must come back to the facility a second time and remains untreated for their mental health condition in the interim, and some do not come back at all. CPA supports full access to critical mental health services and this bill will accomplish that goal.

The third bill we discussed with the legislators concerned Solitary Confinement, proposed by Senator Leno (SB 124). This bill would limit the use of solitary confinement at state and county juvenile correctional facilities. CPA supports this bill because it properly values and utilizes the role of the clinician in this process and implies utilization of other techniques with which to handle out of control juveniles. It encourages using solitary confinement for the minimum time to reduce risk to self and others rather than for long periods of time, a practice that increases the possibility of psychosis and suicides.

The fourth bill we educated the legislators about was involving Provider Directories, submitted by Senator Hernandez (SP 137). This bill would require health care service plans and insurers to make a standard provider directory available on its website and to update that directory weekly. The bill further requires the directories to include information on which providers are accepting new patients, and requires that they be made available on carrier websites without requiring extensive searches, creating an account, or committing to signing up for the plan. CPA supports this transparent measure because it will ease access issues for clients seeking mental health services who have many challenges in finding a provider accepting new patients. The measure is designed to ensure that managed care panels contract with an appropriate amount of individuals and that the information provided to the plan is updated.

Although this was an exhausting day of lobbying our legislators, it was energizing to meet with various staffers and discuss our roles as psychologists. In addition to our meetings, it was inspiring to combine our team with Alameda County and the numerous students with us (we had 12 people on our team!!!) Our government affairs chair, Ms. Levy, will keep us apprised of the outcome of these four bills as well as any others that are pertinent to our profession.

Your CCPA president and LAN chairperson will do it all again next year for 2016 Leadership and Advocacy Conference, which is open to any CPA member who is interested in getting involved in helping to promote our profession at the government level. In the meantime, we will continue to work on developing relationships with our legislators and mutually supporting our interests. ♦



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### California Psychological Association Government Affairs Committee Capital Notes - February 2015

#### CPA CONVENTION OPPORTUNITIES FOR ADVOCACY

##### CPA Convention Events for GAC Representatives and Interested Parties

This year's convention, at the Paradise Point Hotel and Spa in San Diego on April 23rd-26th, promises to be an exciting and worthwhile event to attend! Here's the rundown on the GAC and PAC sponsored events at convention.

**CPA-PAC Meeting FRIDAY APRIL 24<sup>TH</sup> • 7:30 a.m. – 8:15 a.m. Open to all convention attendees** Please join the CPA-PAC Trustees to discuss the plans and new developments for the CPA-PAC.

**Local Advocacy Network Representative Meeting FRIDAY APRIL 24<sup>TH</sup> • 1:00 p.m. – 2:00 p.m. Open to LAN Reps** The CPA-GAC will be holding its annual convention meeting, a follow-up to Leadership and Advocacy Day.

**CPA-PAC Dinner FRIDAY APRIL 24<sup>TH</sup> • 7:00 p.m. – 9:30 p.m. Ticketed Event** You are cordially invited to join CPA leadership, fellow CPA members, and special legislative guests at the 2015 Annual PAC Convention dinner. All proceeds will go to the CPA-PAC, the only organization in California looking out for your professional interests. By purchasing a ticket, you will help us support lawmakers who understand the importance of psychologists to the mental health of California. Not only will you get to network with many of your peers, but the Jerry C. Clark Advocacy Award and our Student Advocacy Award will be presented at this dinner.

The CPA-PAC Trustees set an ambitious goal of selling 150 tickets this year – and we need your help to meet this goal today. Click here to register for convention and purchase a CPA-PAC Dinner Ticket. If you will not be joining us for convention, please click here to purchase dinner tickets or donate towards a ticket for a student or early-career psychologist. Anyone who contributes will be recognized by name and organization at the dinner.

Please visit **CPA CONVENTION WEBSITE** for more information!

Beth Ferree, Ph.D.  
Chair, Colleague Awareness Resources & Education Program  
[bethferree@comcast.net](mailto:bethferree@comcast.net) ♦

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### Letter from the Editor

The CCPA Newsletter is a forum for sharing information. I invite submission about 1) groups that you offer, 2) reviews of workshops you have attended or book that you have found useful or 3) a variety of other topics relevant to the community. Occasionally, I include an interview with a CCPA member, so if you would like to respond to a list of questions about yourself and your practice, please contact me. It is a great way to be better known within the organization.

Please consider contributing to future newsletters. The following dates are deadlines by which I must have your submission. Thank you in advance!

July 15, 2015 – Summer edition  
October 15, 2015 – Fall edition  
January 15, 2016 – Winter edition

The following prices are in effect for advertisements:  
¼ Page Ad \$30 ½ Page Ad \$60 ¾ Page Ad \$100

**Note:** Advertisements for office space are free to CCPA members.  
All professional advertisements are free on the listserv for CPPA members.

Email submissions by the deadline to [sarahewoodphd@hush.com](mailto:sarahewoodphd@hush.com) ♦

### Lafayette Office Available

Lovely Lafayette psychotherapy office available Thurs., Fri., & Sat.

\$175/da/mo. Contact Pamela Rudd 650-348-8829

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### Calendar of Events

Mark Your Calendars!

#### First Friday

**Date:** May 1, 2015  
**Time:** 6:30 – 7:30 pm  
**Where:** Scott's in Walnut Creek, the patio

#### Spring Dinner Meeting

**Date:** May 6, 2015  
**Time:** 6:00 – 6:45 pm Social Hour  
6:45 – 8:45 pm Presentation  
**Where:** Lafayette Park Hotel  
**Presenter:** Bruce Feingold, Ph.D., Theresa Schuman, Ph.D., and Sarah E. Wood, Ph.D.

#### Annual CCPA Barbeque

**Date:** September 13, 2015  
**Time:** 4:00 – 7:00 pm  
**Where:** TBA

#### Fall Dinner Workshop

**Date:** October 8, 2015  
**Time:** 6:00 – 6:45 pm Social Hour  
6:45 – 8:45 pm Presentation  
**Where:** TBA  
**Presenter:** TBA

**RSVP to: Dr. Howard Friedman PHONE: (925) 933-5594**

**EMAIL: [hjfpd@jps.net](mailto:hjfpd@jps.net) Include your Name, Address, License#, Phone and Email**

**(All event locations are wheelchair accessible. Please let me know if you need any special accommodations.)**

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### List of Groups

#### **“Women’s Group” for Women in their 20’s and 30’s with emphasis on Mental Health Challenges, Intimacy, Profession Identity and Moving Forward in their Lives**

Meeting Day: Alternate Tuesday’s  
Meeting Time: 5:40 – 7:15 pm  
Meeting Location: Rockridge, Oakland  
Group Leader: Fran Krieger-Lowitz, Ph.D.  
Contact Number: (510) 841-2007

#### **Men’s Group**

Meeting Day: Monday’s  
Meeting Time: 7:30 -9:00 pm  
Group Leader: Bruce H. Feingold, Ph.D.  
Contact Number: (925) 945-1315

#### **Men’s Group**

Meeting Day: Wednesday’s  
Meeting Time: 6:00-7:30 pm  
Group Leader: Bruce H. Feingold, Ph.D.  
Contact Number: (925) 945-1315

#### **Mindfulness-Based Cognitive Therapy**

Group meets for 8 weeks, 5:00 – 7:00 pm  
Group Leader: Susan O’Grady, Ph.D.  
Contact Number: 925-938-6786  
Website: [www.ogradywellbeing.com](http://www.ogradywellbeing.com)  
Email: [susanogradyphd@gmail.com](mailto:susanogradyphd@gmail.com)

#### **Psychotherapy Group for Pre-Licensed and Early Career Therapists**

Meeting Day: Thursday’s  
Meeting Time: 9:00 - 10:30 am  
Leader: Ann Steiner, Ph.D., MFT, CGP  
Contact Number: 925-962-0060  
Website: [www.DrSteiner.com](http://www.DrSteiner.com)

#### **Dialectical Behavior Therapy Group (ages 19+)**

Meeting Day & Time: Tuesday’s 5:30 – 7:00 pm  
And  
Meeting Day & Time: Wednesday’s 9:30 – 11 am  
Group Leaders: Elizabeth Rauch Leftik, Psy.D.  
(925) 314-6354  
Sarah E. Wood, Ph.D.  
(925) 680-1844  
Website: [www.mtdiablopsychologicalservices.com](http://www.mtdiablopsychologicalservices.com)

#### **Interpersonal Psychotherapy Group: Co-ed**

Meeting Day: Wednesday’s  
Meeting Time: 5:00-6:30 pm  
Leader: Ann Steiner, Ph.D., MFT, CGP  
Contact Number: 925-962-0060  
Website: [www.DrSteiner.com](http://www.DrSteiner.com)

#### **Chronic Medical Illness Group**

Meeting Day: Wednesday’s  
Meeting Time: 12:30 - 2:00 pm  
Group Leader: Ann Steiner, Ph.D., MFT, CGP  
Contact Number: 925-962-0060  
Website: [www.DrSteiner.com](http://www.DrSteiner.com)

#### **Psychotherapy Group for Psychotherapists**

Meeting Day: Thursday’s  
Meeting Time: 12:30 - 2:00 pm  
Leader: Ann Steiner, Ph.D., MFT, CGP  
Contact Number: 925-962-0060  
Website: [www.DrSteiner.com](http://www.DrSteiner.com)



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### List of Groups

#### Adult DBT Skills Group

Meeting Day: Monday's  
Meeting Time: 6:30 - 8:00 pm  
Location: Walnut Creek  
Group Leader: Stefanie Neidermann, LPCCI  
Contact Number: 925-956-4636  
Email: [ebbehaviortherapycenter@gmail.com](mailto:ebbehaviortherapycenter@gmail.com)  
Website: [www.eastbaybehaviortherapycenter.com](http://www.eastbaybehaviortherapycenter.com)

#### Mother's Group with Emphasis on Parenting, Relationships, and Balancing Work and Family Life

Meeting Day: Alternate Thursday's  
Meeting Time: 12:10 - 1:40 pm  
Location: Walnut Creek  
Group Leader: Fran Krieger-Lowitz, Ph.D.  
Contact Number: 510-841-2007

#### Relationships 101 Teen Group – For Teens Who Have Already Gone Through a DBT Curriculum

Meeting Day: Wednesday's  
Meeting Time: 4:30 – 6:00 pm  
Group Leader: Patricia Zurita Ona, Psy.D.  
Contact Number: 925-956-4636  
Email: [ebbehaviortherapycenter@gmail.com](mailto:ebbehaviortherapycenter@gmail.com)  
Website: [www.eastbaybehaviortherapycenter.com](http://www.eastbaybehaviortherapycenter.com)

#### DBT 102 Skills Group – For Adults Who Have Already Completed a Full Course of DBT Skills

Meeting Day: Monday's  
Meeting Time: 6:30 – 8:00 pm  
Group Leader: Patricia Zurita Ona, Psy.D.  
Contact Number: 925-956-4356  
Email: [ebbehaviortherapycenter@gmail.com](mailto:ebbehaviortherapycenter@gmail.com)  
Website: [www.eastbaybehaviortherapycenter.com](http://www.eastbaybehaviortherapycenter.com)

#### Multi-Family DBT Group for Parents and Their Teens

Meeting Day: Saturday's  
Meeting Time: 10:00 – 11:30 am  
Group Leader: Jonah Lakin, Psy.D.  
Contact Number: 925-956-4636  
Email: [ebbehaviortherapycenter@gmail.com](mailto:ebbehaviortherapycenter@gmail.com)  
Website: [www.eastbaybehaviortherapycenter.com](http://www.eastbaybehaviortherapycenter.com)

#### Multi-Family DBT Group for Parents and Their Teens

Meeting Day: Wednesday's  
Meeting Time: 5:00 – 6:30 pm  
Group Leader: Stefanie Neidermann, LPCCI  
Contact Number: 925-956-4636  
Email: [ebbehaviortherapycenter@gmail.com](mailto:ebbehaviortherapycenter@gmail.com)  
Website: [www.eastbaybehaviortherapycenter.com](http://www.eastbaybehaviortherapycenter.com)



## 2015 Spring Newsletter

# 2015 Board of Directors & Committee Chairs

Contra Costa County Psychological Association

**President:**

Alissa Scanlin, Psy.D.  
925-283-3902  
[drscanlin@pacbell.net](mailto:drscanlin@pacbell.net)

**Past President:**

Howard Friedman, Ph.D.  
925-933-5594  
[hjfpd@jps.net](mailto:hjfpd@jps.net)

**President Elect:**

Hengameh Maroufi, Ph.D.  
510-757-1122  
[drmaroufi@hotmail.com](mailto:drmaroufi@hotmail.com)

**Secretary:**

Barbara Peterson, Ph.D.  
925-939-4147  
[bpetersonphd@pacbell.net](mailto:bpetersonphd@pacbell.net)

**Disaster Response Chair:**

Theresa Schuman, Ph.D.  
925-283-6030  
[tmschumanphd@sbcglobal.net](mailto:tmschumanphd@sbcglobal.net)

**Treasurer:**

Marley Middlebrook, Psy.D.  
925-352-1038  
[marleym@earthlink.net](mailto:marleym@earthlink.net)

**CARE Representative:**

Elizabeth Ferree, Ph.D.  
925-284-3665  
[bethferree@comcast.net](mailto:bethferree@comcast.net)

**Membership Chair:**

Marc Komori Stager, Psy.D.  
925-325-5022  
[dr.marc@eastbayfamilytherapy.com](mailto:dr.marc@eastbayfamilytherapy.com)

**Newsletter Editor:**

Sarah Wood, Ph.D.  
925-680-1844  
[sarahewoodphd@hush.com](mailto:sarahewoodphd@hush.com)

**Program Committee Chair:**

Howard Friedman, Ph.D.  
925-933-5594  
[hjfpd@jps.net](mailto:hjfpd@jps.net)

**Website Chair:**

Dr. Susan O'Grady, Ph.D.  
925-938-6786  
[susanogradyphd@gmail.com](mailto:susanogradyphd@gmail.com)

**CPA Representative &  
Government Affairs:**

Ellin Sadur, Psy.D.  
925-831-0341  
[ellins@comcast.net](mailto:ellins@comcast.net)

**Ethics Chair:**

Susan O'Grady, Ph.D.  
925-938-6786  
[susanogradyphd@gmail.com](mailto:susanogradyphd@gmail.com)

**Historian:**

Andrew Pojman, Ph.D.  
925-944-1800  
[apojman@pacbell.net](mailto:apojman@pacbell.net)

**Diversity:**

Hengameh Maroufi, Ph.D.  
510-757-1122  
[drmaroufi@hotmail.com](mailto:drmaroufi@hotmail.com)



## 2013 Spring Newsletter

### Fabulous Office Sublet in Walnut Creek

**Available July 2015**

Behavioral Pediatrician/Family Therapist doing sabbatical year abroad offers a turn-key office setting for psychologist/therapist with stunning views of Mt. Diablo through 4 industrial sized windows in architect designed set of 3 rooms, 700 square feet, all natural light, one room 18x20ft. (perfect for conjoint family sessions).

Part time rental available beginning mid-June and full time July 1<sup>st</sup>. Rent negotiable. Opportunity for coverage/referral clients as well.

Contact Lawrence Diller, M.D. 925-945-6060 [lawrence.diller@ucsf.edu](mailto:lawrence.diller@ucsf.edu)

